

Activity Guide

April-July 2015

HARRISONBURG
parks and recreation

COMMUNITY EVENTS

*Front Cover:
After-school program kids on climbing
net at Westover Playground.*

DISCOUNT KINGS DOMINION TICKETS

Valid Weekends (Apr 3-May 25) \$37

Good Any Day Tickets \$43

Valid Jun 26 - Aug 2 \$37

No Checks Please



Bluestone Trail Night Bike Ride Saturday, May 16 - Activities start @ 7:30pm Purcell Park



GREAT AMERICAN BACKYARD CAMPOUT™ NATIONAL WILDLIFE FEDERATION®

June 27, 2015 Hillandale Park

Advance registration is required

540-433-9168

<http://www.harrisonburgva.gov/great-american-campout>

TOUCH A TRUCK

Sunday, April 19
2-5pm Purcell Park

Fire Trucks, Police
cars, Tractors, &
More!



Easter Egg Hunt!

Saturday, April 4 • 10am

City Residents

Westover Park

Toddlers - 4th Grade



Our Mission....

It is the mission of the Harrisonburg Parks and Recreation Department to enhance the quality of life and meet the needs of every citizen by providing comprehensive leisure service opportunities. The department's mission is also to develop and maintain a safe system of open space and public facilities for the use and enjoyment by the public.

Lee Foerster, **Director**
David Wigginton, **Assistant Director**



Harrisonburg Parks & Recreation Commission Members

Ms. Deanna Reed	Ms. D.D. Dawson
Mr. Joseph Riley	Mr. Anthony Hill
Mr. John Marr	Ms. Ritchie Vaughan
Mr. Dany Fleming (City School Board Rep.)	
Mr. Abe Shearer (City Council Rep.)	

Please visit our website at
www.harrisonburgva.gov/parks-recreation
For questions and concerns please email us at
parksandrecreation@harrisonburgva.gov

SUMMER POOL HOURS

Mon-Sat noon-7pm
Sun 1-7pm

For information about Lap
Swim and Open Swim hours,
please see our website.

DAILY ADMISSION FEE

Infant (<18 months) Free
Children (under age 18) City Res \$1 / Non Res \$2
Adult City Res \$2 / Non Res \$4
Residents living inside city limits will need to show proof of
residency at time of entry.

POOL SWIM PASSES**SUMMER SWIM PASSES:**

May 30, 2015-Aug 29, 2015
6/13 Pool will open at 3:30pm

ANNUAL SWIM PASSES:

Valid for one year after date
purchased

INDIVIDUAL PASS:

City Res \$30 / Non-Res \$40

INDIVIDUAL PASS:

City Res \$85 / Non-Res \$105

FAMILY PASS:

City Res \$60 / Non-Res \$80

FAMILY PASS:

City Res \$190 / Non-Res \$240

SPECIAL EVENTS**4TH ANNUAL SCHOOL'S OUT FOR SUMMER PARTY**

Join Q101 and P&R in celebrating summer. Free Family Swim with
music, games, and prizes. June 13, 12-3pm

WORLDS LARGEST SWIMMING LESSON

Help Westover Pool participate in setting a new world record for
swimming lessons participants. FREE to children Ages 6-13.
Thursday, June 18 - 10am. Registration 9:30am

4TH OF JULY FOOD DRIVE

July 3rd-5th bring any 2 non-perishable food item and get ½ price ad-
mission to pool. All food will benefit the Blue Ridge Area Food Bank.

MASSANUTTEN REGIONAL LIBRARY WEEK

Join Westover Pool and Massanutten Regional Library in
celebrating the beginning of the Summer Reading Games. Contact
the Library at (540)-434-4475 for more information.

PLANNING AN EVENT?

Are you interested in hosting a group event or party at Westover Pool,
check our website for details about group rates and events.

ADULT AQUATIC ACTIVITIES**AQUA ZUMBA®**

Instructor: Mary Bailey, Licensed Aqua Instructor

Take the Zumba party to the pool. Aqua Zumba combines the Zumba
formula and traditional aqua fitness to create a one-of-a-kind class.
Class features a water-based work out of cardio conditioning, body
toning and FUN.

City-Res \$40 / Non-Res \$50 / Ages 15+

231108A1 Tue/Thu Jun 16-Jul 9 11:15am-noon

AQUA BOOT CAMP

Instructor: Mario Estevez

The most intense aqua class we offer combines body sculpting, inter-
val training, and aqua kicking. This class is fun and challenging. An
excellent addition to your current fitness routine.

City Res \$40 / Non Res \$50 / Ages 15+

221101A Mon/Wed Jun 15-Jul 8 9:30-10:30am

MASTERS SWIMMING

Swim team practice for adult 18+. Join to improve your swimming,
learn new techniques, get in shape, or take your current workouts
to the next level. Participants can come to as many practices as they
choose per month. All are invited to participate in this new program.
Practice will be held on Tues, Wed, and Thur 10:00-11:30am. Monthly
or seasonal membership to Masters Swimming is required, no
additional pool membership necessary.

Monthly: City Res \$30/ Non-Res \$40

Summer Season (May 30-Aug. 29)

City Res \$75 / Non-Res \$100

321107A Monthly Tue/Wed/Thu 10-11:30am

321107B Season Tue/Wed/Thu 10-11:30am

DISCOVER SCUBA AT WESTOVER

Instructor: Scuba Buddies

Dive in to a new adventure with an introduction class to SCUBA
skills. All classes are taught by certified SCUBA instructors and all
SCUBA materials are provided. This class is approximately 1½ hours
long. The instructor will cover safety, basic entries into the water, and
general SCUBA skills. Space in this class is limited, please be sure to
register in advance. Please be prepared to enter the water during this
session.

City Res \$25 / Non-Res \$30 / Ages 12+

For all dates and times inquire with Scuba Buddys (540)-433-3337

WESTOVER WAVES

2015 Summer Valley Swim League (June 1-July 27)

Recreational Swim Team for Boys & Girls Ages 5-18 (to qualify, swimmer needs to be able to
swim across pool without help. No particular stroke technique necessary. Further instruction
provided) Registration will be in April. Check website for specific dates and times or e-mail
westoverwavesteam@gmail.com. Cost: \$65 first child, \$60 second, \$50 additional children
from same family. For more information, contact Tony Britt, team manager, (919) 280-6013.
tony@westoverwaves.org / www.westoverwaves.org
www.facebook.com/WestoverWavesSwimTeam



CHILDREN'S SWIMMING LESSONS

How to register for swim lessons at Westover Pool:

- All students must be swim tested before registration to assure placement in appropriate level (Exception: students who participate in Jan-April 2015 swimming lessons.)
- Anybody interested in testing before the registration date is welcome to test at the pool office June 1- 7. No appointment is needed.
- Official registration and testing for swim classes will begin at the pool office starting June 8, 2015 8:00am for City Residents and June 9, 2015 8:00am for non residents. For questions feel free to call us at (540)-434-0571.

TADPOLES – PRESCHOOL 1

The goal of Tadpoles is to teach fun in the water. This class is geared for children with little to no “in water” experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills. Ages 3-5

211100B1	Mon-Fri	Jun 29-Jul 10	9:15-9:40am
211100B2	Mon-Fri	Jun 29-Jul 10	9:45-10:10am
211100C1	Mon-Fri	Jul 13-Jul 24	10:15-10:40am
211100C2	Mon-Fri	Jul 13-Jul 24	10:45-11:10am
211100D1	Mon-Fri	Jul 27-Aug 7	10:15-10:40am
211100D2	Mon-Fri	Jul 27-Aug 7	10:45-11:10am

GUPPIES – PRESCHOOL 2

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more. Ages 3-5

211100B3	Mon-Fri	Jun 29-Jul 10	10:15-10:40am
211100B4	Mon-Fri	Jun 29-Jul 10	10:45-11:10am
211100C3	Mon-Fri	Jul 13-Jul 24	9:15-9:40am
211100C4	Mon-Fri	Jul 13-Jul 24	9:45-10:10am
211100D3	Mon-Fri	Jul 27-Aug 7	9:15-9:45am
211100D4	Mon-Fri	Jul 27-Aug 7	9:45-10:10am

GOLDFISH – LEVEL 1

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Goldfish will work to master the following skills; floating, walking in chest deep water, and swimming on front. Ages 6+

211101A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211101A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211101A3	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211101B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211101B2	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211101C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211101C2	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211101D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am
211101D2	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

SWIM LESSON FEES

Preschool: City Res \$20/ Non-Res \$24
Levels 1-5: City Res \$25/ Non-Res \$30

TIGERFISH – LEVEL 2

The goal of Tigerfish is to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards.

Ages 6+

211102A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211102A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211102B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211102B2	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211102C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211102C2	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211102D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am
211102D2	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

DOLPHIN – LEVEL 3

The goals of Dolphins are to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, continue to increase the student's swimming endurance, and to begin learning to dive safely. Ages 6+

211103A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211103A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211103B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211103C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211103D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am

SWORDFISH – LEVEL 4

The goals of Swordfish are to develop confidence in the strokes learned thus far, including Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly, learn to dive, and improve upon other aquatic skills. Ages 6+

211104A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211104B1	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211104C1	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211104D1	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

SHARKS – LEVEL 5

The goals of Sharks are to improve and refine proper technique to a high level of competence in all strokes: Front Crawl, Back Crawl, Breaststroke, Side Stroke, Elementary Backstroke, and Butterfly. Students will also increase endurance through training. Ages 6+

211105C1	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211105D1	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

PARENT AND CHILD SWIMMING

Parent and child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will introduce children to swimming in a fun environment with their parents in the water with them. There will be singing, lots of games, and plenty of water toys.

City Res \$40 / Non-Res \$50 / Ages 6 mth-3 yrs

231105A1	Fri	Jun 19-Jul 10	11:15am-noon
231105A1	Fri	Jul 17-Aug 7	11:15am-noon

CONFIDENT CITY CYCLING

Instructors: Laura Pyle & Brian Bauer (April);

Nathan Barge & Thanh Dang (May)- Location: Westover Park

This class is led by League of American Bicyclists Cycling Instructors and gives cyclists the confidence they need to ride safely and legally in traffic and on the trail. This course covers bicycle safety checks and on-bike skills. Students ages 14-17 must be accompanied by an adult who is taking the course. Students of all skill levels are welcome and will find the course beneficial. A bicycle in good working order and a bicycle helmet are required.

City Res \$15 / Non Res \$17 / Ages 14+

231347B Sat Apr 25 9am-1pm

231347B1 Sat May 16 9am-1pm

THERAPY DOG PREPARATION CLASS

Instructor: Jessica Troop: Associate Member and Certified Evaluator, Therapy Dogs International – Location: Simms Auditorium

Have you thought about training your dog to be a therapy dog? TDI Preparation Class is a 6 week course that is designed to get you ready to take the therapy dog certification test, which is offered at the end of class (**certification class Sat. Jun. 27th at 10am**) Dogs that do well as therapy dogs are eager to meet strangers, and not nervous/anxious or aggressive by nature. Therapy dogs can go into hospitals, schools, libraries, nursing homes, hospice, etc., their purpose being to give emotional support to those in need. Our local colleges have even been seeking local certified dogs to visit the students in the library during finals weeks! Please note: this class is not suitable for dogs that are aggressive to humans or other dogs. Anyone under the age of 15 would require a parent to stay during the class. Children ARE permitted to become certified with their dogs. No class May 25.

\$115 per dog/handler / ALL ages

230979B Mon May 4-Jun 22 6-7pm

MASSAGE FOR THE EVERYDAY STRESS

Instructor: Nadiya Demo – Location: Simms Center Music Room

Learn to do simple massage with a friend or partner in a relaxing environment. Learn to massage shoulders, low back, neck, and the rest of upper body for the everyday stress. Session is 40 minutes long per couple.

City Res \$35 / Non Res \$42 / Ages 10+

220778E Wed Apr 8-29 5-6pm

220778E1 Wed May 6-27 5-6pm

REFLEXOLOGY CLASS

Instructor: Nadiya Demo – Location: Simms Center Music Room

Release tension in the feet after a long day by enjoying a reflexology class with a friend or partner. Learn all the points on the feet and how they work for the body. Non invasive way to work with all of your system. Sessions are per couple.

City Res \$35 / Non Res \$42 / Ages 10+

220778F Wed Apr 8-29 6-7pm

220778F1 Wed May 6-27 6-7pm

LEARN ENGLISH OR SPANISH

Instructor: Cory Jeffries – Location: Simms Computer Lab

We will be using the Rosetta Stone software at the Simms Center computer lab. Limited space available. Users must provide their own microphone/headset during class. Course is free and will be held at the Simms Center. Contact Cory for more details to register. Ages 18+

GENEALOGY FOR BEGINNERS

Instructor: Debra Fischer – Location: Simms Center Room 101

You have seen the commercials with those shaking leaves. Why not learn how to find your ancestors yourself and build your own family tree. This course takes you through some of the beginner steps of building a pedigree chart, family group sheets and timelines. Start with the roots and watch your tree grow with this course.

City Res \$46 / Non Res \$55 / Ages 18+

220954A1 Thu Apr 30-May 21 6-7pm

GENEALOGY SURFING THE NET @ 3AM

Instructor: Debra Fischer – Location: Simms Center Computer Lab

Learn some of the ins and outs of searching for your ancestors on the internet. What sites might be free and what sites need your credit card. Can I find my ancestors who were living in the old country without having to book a flight there? You will work at a computer station during this two hour workshop. Learn the art of saving and printing the documents that you find. Bring along a USB flash drive.

City Res \$35 / Non Res \$42 / Ages 18+

220954A6 Thu May 28 6-7pm

I FOUND THIS GENEALOGY DOCUMENT NOW WHAT

Instructor: Debra Fischer – Location: Simms Center Room 101

You have searched many places and while you have amassed piles of papers are you really dissecting them for all that they are worth? What are we finding on those census schedules, vital records and the likes there of? This workshop will help you answer some of those questions and more on how to move forward from those documents. Bring to the workshop some records that you have collected and let's tear them apart.

City Res \$35 / Non Res \$42 / Ages 18+

220954A5 Thu Jun 4 6-8pm

FORMS, FORMS AND DOCUMENTS

Instructor: Debra Fischer – Location: Simms Center Room 101

Forms, Forms and Documents. Yes there are a lot of genealogical forms out there for free if you can find them. You will leave this workshop with over 40 forms to assist you in keeping good records while you search. Time will be spent reviewing many of these forms and how to use them. Bring family group sheets, pedigree charts, documents and a pencil.

City Res \$35 / Non Res \$42 / Ages 18+

220954A8 Thu Jun 11 6-8pm

GENEALOGY : ORGANIZE IT NOW

Instructor: Debra Fischer – Location: Simms Center Room 101

And the papers keep piling up all over. First on the desk, then expansion to the kitchen table, finally onto the floor. Where was that family document that I needed? With this workshop you will be taught how to organize your masses of paper that you have accumulated. Learn how to organize your computer area while coordinating it with your physical file cabinet and your software program. Bring either your laptop or a flash drive along with either a pedigree chart or family group sheets.

City Res \$35 / Non Res \$42 / Ages 18+

220954A7 Thu Jun 18 6-8pm

BEGINNERS DIGITAL PHOTOGRAPHY

Instructor: Allen Showalter – Location: King Photo (889 E Market St)
Bring your digital camera and plan to leave class knowing what every button and switch does. We will discuss all popular brands of digital cameras. Besides learning how to use your camera, you'll learn about getting photos in and out of your computer and methods for printing digital photos.

All Residents \$25 / 2 People for \$40 / Ages 14+
230916A1 Tue Apr 21 6:30-8:45pm

ADVANCED DIGITAL PHOTOGRAPHY

Instructor: Allen Showalter – Location: King Photo (889 E Market St)
Have a digital SLR (like a Canon Rebel or Nikon D Series) and want to learn more? Bring your camera and your questions to class and learn about f-stops, shutter speed and how to use your flash. You'll learn how to use this knowledge to take great action shots, portraits or just better snapshots around the house.

All Residents \$50 / 2 People for \$75 / Ages 14+
230916B1 Wed Apr 22 6:30-8:45pm

TENDING TO THE SKIN WE'RE IN, HERBAL FACIAL CARE

Instructor: Inger Brown w/Pure & Simple Farms
Location: Simms Center Room 101

Come prepared to pamper yourself. In this class we'll discuss the skin's needs and herbs well suited to caring for it while we try a facial steam, mask, and toner. Participants are asked to bring their own towel and washcloth. You'll leave with samples of a tea for a steam, toner, and mask. Price includes materials. This is a great parent/child activity! (children must be accompanied by an adult)

City Res \$23 / Non Res \$28 / ALL Ages
230982E Wed May 6 6-8pm
230982E1 Wed Jul 8 6-8pm

SACRED SWEETNESS: HONEY AS MEDICINE

Instructor: Inger Brown w/Pure & Simple Farms
Location: Simms Center Art Room

Let's gather to celebrate this most fascinating substance while we make an herbal honey paste and taste a few herbal honeys! We'll dwell in the sacred and the practical as we discuss the energetic of honey, honey and beeswax in history and myth, and symbolism of the bee. We'll discuss making and preserving herbal infused honeys, honey pastes, syrups, and wound dressings. We'll also have time to discuss topics of interest to the group such as sourcing honey, what questions to ask your source, how to support pollinator health, and/or temperature and enzymes. All ages are welcome; children must be accompanied by an adult. Price includes needed materials.

City Res \$20 / Non Res \$24 / ALL Ages
230982F Wed Jun 10 6-8pm

FILLING YOUR HERBAL FIRST AID KIT

Instructor: Inger Brown w/ Pure & Simple Farms
Location: Simms Center Room 101

We will discuss and sample some herbal preparations to help you deal with life's little mishaps such as cuts, scrapes, burns, poison ivy and other issues. Included will be recipes for making helpful herbal preparations and a resource list of places to find herbs or preparations already made.

City Res \$17 / Non Res \$20 / ALL Ages
230982G Wed Apr 22 6-8pm

BLUE RIDGE COMMUNITY COLLEGE INVITES YOU TO JOIN US!

Instructor: Pamyla Yates – Location: Simms Center Auditorium
Your Career Starts Here – Information workshop for anyone interested in opportunities for short-term courses or college degrees. Learn about English classes, new programs, how to transfer from 2 year to 4 year college, financial aid and more. Make a free online application and get advice on opportunities at BRCC.
Contact: Pamyla 540-453-2295

All Ages Wed April 22 5:30-8:30pm

BEGINNER GUITAR

Instructor: Mark Whetzel – Location: CFG/CAC

Enjoy learning the basics of how to play acoustic or electric guitar in a relaxed atmosphere with an experienced teacher and performer in this introductory class featuring small group and individualized instruction for teenagers and adults. We will learn how to tune the guitar as well as how to play basic chords, strumming patterns, and melodies utilizing a variety of songs. Each participant should bring guitar and tuner to class. Electric guitarists should also bring a small practice amplifier. Reading music is not required.

City Res \$45 / Non Res \$52 / Ages 12+
230929M1 Tue May 26-Jun 30 5-5:40pm

ADVANCED BEGINNER GUITAR

City Res \$45 / Non Res \$52 / Ages 12+
230929N1 Mon Jun 1-Jul 6 5-5:40pm

FINGERPICKING

Instructor: Mark Whetzel – Location: CFG/CAC

For many guitarists playing fingerstyle is a great alternative to using a pick or perhaps just a way to add options to your current technique. In this class for the intermediate guitarist, we will learn proper right hand technique as well as other fundamentals using songs in a variety of styles. We will also learn fingerpicking patterns which can be used to accompany singers or other instrumentalists. Reading music is not required.

City Res \$65 / Non Res \$72 / Ages 12+
230929M3 Tue May 26-Jun 30 7:15-8:15pm

INTERMEDIATE FINGER PICKING

City Res \$65 / Non Res \$72 / Ages 12+
230909N3 Mon Jun 1-Jul 6 7:15-8:15pm

INTRODUCTION TO BLUES GUITAR

Instructor: Mark Whetzel – Location: CFG/CAC

Blues is a fundamental part of many types of American music, and a basic understanding of its various elements will enable guitarists to better comprehend all types of contemporary music styles. We will learn how blues is constructed as well as commonly used scales, phrases and techniques. Participants should have a working knowledge of the basic chords as well as some experience playing single note lines. Reading music is not required. Each participant should bring guitar and tuner to class. Electric guitarists should also bring a small practice amplifier.

City Res \$65 / Non Res \$72 / Ages 12+
230929M2 Tue May 26-Jun 30 6-7pm

INTERMEDIATE BLUES GUITAR

City Res \$65 / Non Res \$72 / Ages 12+
230909N2 Mon Jun 1-Jul 6 6-7pm

TECHNOLOGY

INTRODUCTION TO IPAD WORKSHOP

Instructor: Kimberly Torres – Location: Simms Center Room 101

Are you still fumbling around with your iPad? Take advantage of this two day workshop with one-on-one assistance to help you become more efficient on your iPad. Course includes basic set up and how to's, use of the app store, iTunes, Siri, Facetime, iCloud; along with setting up social networking sites and battery saving tips and tricks. Don't forget to bring your fully charged iPad! FREE / Ages 18+

220963C	Wed	May 13 & 27	6-7:30pm
220963C1	Wed	June 10 & 24	6-7:30pm

ANDROID DEVICE WORKSHOP

Instructor: Kimberly Torres - Location: Simms Center Conf. Room

Tired of hitting the wrong buttons on your Smart Phone? Are you constantly coming across things on your phone that you have no idea how to use? Enjoy learning the ins and outs of your Android device in this 2-part workshop with one-on-one assistance for all phone carriers. During the first course for beginners, you will learn email setup, use of the play store, sending pictures and videos, and much more! The second course for intermediates will take place 2 weeks later and include using social media on your phone, using Dropbox, and many more ways to be more efficient on your device. All participants will receive a FREE stylus for their device. Registration required and don't forget to bring your Android phone.

FREE / Ages 18+

220963F	Thu	May 7 & 21	6-7:30pm
220963F1	Thu	Jun 4 & 18	6-7:30pm

IPHONE DEVICE WORKSHOP

Instructor: Kimberly Torres - Location: Simms Center Conf. Room
Own an iPhone and still find yourself fumbling around this powerful device? The first course for beginners will include use of the app store, how to use Siri, battery saving tips and tricks and much more. The second course for intermediates will take place 2 weeks later and include using FaceTime, setting up your social networking sites, iCloud and much more. All participants will receive a FREE stylus for their device. Registration is required and don't forget to bring your iPhone.

FREE / Ages 18+

220963G	Thu	May 14 & 28	6-7:30pm
220963G1	Thu	Jun 11 & 25	6-7:30pm

ARTS & CRAFTS

HOW MANY PHOTOS IN BOXES DO YOU HAVE?

Instructor: Heather Lindstrom – Location: CFG/CAC

Let me help you move your photos from boxes and phones to great albums. Project Life by Stampin' UP! is a quick and ingenious way of memory keeping. Each month will be seasonal or a variety of such as birthday, anniversaries, etc. All supplies will be provided but adhesive and your pictures. Can't make it to class? Sign up and the projects for the month will be mailed to you!

City Res \$15 / Non Res \$18 / Ages 8+

230970C1	Sat	Apr 25	9:30-11:30am
230970C2	Sat	May 23	9:30-11:30am
230970C3	Sat	Jun 6	9:30-11:30am
230970C4	Sat	Jul 11	9:30-11:30am
230970C5	Sat	Aug 8	9:30-11:30am

JEWELRY REVAMPIFICATION?!

Instructor: Hillary Hayes – Location: Simms Center Music Room

Tired of untangling necklaces and sorting through earrings? Want to organize, hide, modify, display, fix and make your jewelry? In this three part class I will teach you how to make a showcase to sort your everyday accessories into a more accessible and visually appealing arrangement, while adding pieces you made to your collection of jewelry. Some materials not included, due to some tailoring to the individual's needs. **Mon 7-8:30pm / Sat noon-2pm**

City Res \$17 (Bring a friend \$25) / Non Res \$20 (Bring a friend \$29) / Ages 13+

230980F	Mon/Sat	Apr 13 & 18
230980F1	Mon/Sat	Jun 8 & 13
230980F2	Mon/Sat	Jul 13 & 18

BUILD A BANNER

Instructor: Heather Lindstrom – Location: CFG/CAC

Come let me guide you through making your very own seasonal banner using Stampin' UP! canvas banners or chalk board banners. These banners make a quick and personal touch to a celebration or favorite holiday. All Stampin' UP! supplies used and are included City Res \$15 / Non Res \$18 / Ages 8+

230970B1	Thu	Apr 23	6:30pm-8pm
230970B2	Thu	May 28	6:30pm-8pm
230970B3	Thu	Jun 25	6:30pm-8pm

JUST CARDS

Instructor: Heather Lindstrom – Location: CFG/CAC

Come enjoy a few hours of creating greetings from the heart. Each class will include seasonal as well as all occasions greeting and envelopes, all supplies, and me to teach and help you create amazing hand made greeting cards. You will be able to customize cards with greetings to fit your upcoming card giving needs.

Cost for each class is \$12 for 5 cards and envelopes or \$20 for 10 cards and envelopes (2 of each of the 5). Ages 8+

230970A2	Thu	Apr 9	6:30pm-8pm
230970A3	Thu	Jun 11	6:30pm-8pm

PAINT4FUN

Instructor: Diane Ricketson – Location: CFG/CAC

Complete an oil painting in this fun one day workshop. You will receive step by step techniques on where to begin and how to complete a scene you will be proud to share. You will go home with a finished painting that you can frame and enjoy or give as a gift. Supplies will be furnished and all paintings will be 11x14 canvas. Bring a lunch for 30 minute break.

Scene=Yellow Golden Finch sitting in a spring blossom tree branch. City Res \$50 / Non Res \$60 / Ages 16+

230967B1	Sat	Apr 11	9:30am-3:30pm
-----------------	-----	--------	---------------

FITNESS & WELLNESS

INTERVAL FITNESS

Instructor: Stephanie Wimer / Tucker Thigpen - Location: CFG/CAC
Participants will learn how to exercise by using the "HIIT" method—High Intensity Interval Training. Classes will incorporate use of bodyweight exercises, kettlebells, medicine balls, and dumbbells. All fitness levels are welcome and beginners are encouraged

CAC Members \$15 / Non-Members \$45 / Ages 18+

221433B2 Mon/Wed/Fri Apr 13-Jul 1 6:15-7am

221433B3 Tue/Thu Apr 14-Jul 2 6-6:45pm

PERSONAL TRAINING PACKAGES

Instructors: CFG/CAC & Simms Center Certified Staff

Personal Training is now available upon request at the Cecil F. Gilkerson Community Activities Center & the Lucy F. Simms Center. For training at the Activities Center, please call 540-433-2474 and ask for Stephanie Wimer. For training at the Simms Center, please call 540-437-9213 and ask for Cory Jeffries. Physician's approval may be required. Ages 16+

MUSCLE AND JOINT MOBILITY

Instructor: Stephanie Wimer - Location: CFG/CAC

Let your body unwind during your lunch break and learn how to stretch, roll, smash, loosen and mobilize all your aches and pains that stem from overworked muscles and joints. This is not your basic stretch and relax class! We'll use foam rollers, tissue release floss and balls, and other equipment to help ease stiffness and prevent pain from tough workouts.

City Res \$10 / Non Res \$15 / Ages 18+

221433C1 Fri May 1-22 12:15-12:45pm

WEIGHT ROOM CIRCUIT TRAINING

Instructors: Stephanie Wimer - Location: CFG/CAC

By using an interval-style training method and our weight room equipment, you'll get an intense cardio and strength workout all in one! Classes will run during lunch time and will be short enough to get you back to work on time, yet intense enough to leave you with a great workout! All fitness levels welcome!

CAC Members \$15 / Non Members \$45 / Ages 18+

221433D1 Tue/Thu Apr 14-Jul 2 12:10-12:50pm

ADULT BEGINNER'S TUMBLING

Instructor: Maria Hayden - Location: CFG/CAC Gym

Adults will learn the basics skills of gymnastics tumbling including rolls, cartwheels, handstands, round offs, back bends, etc. While the emphasis will be on tumbling skills, adults will also work on their bodyweight/functional strength moves and flexibility.

No class Monday May 25. Make up class Wed. May 27.

City Res \$57 / Non-Res \$67 / Ages 18+

221414A1 Mon Apr 13-May 4 7-8:15pm

221414A2 Mon May 18-Jun 8 7-8:15pm

221414A3 Mon Jun 15-Jul 6 7-8:15pm

ADULT INTERMEDIATE TUMBLING

Instructor: Maria Hayden - Location: CFG/CAC Gym

Adults will continue building upon the basic skills of gymnastics tumbling including rolls, cartwheels, handstands, round offs, back bends, etc., learned in the beginner's class. While the emphasis will still be on tumbling skills, adults will also work on their bodyweight/functional strength moves and flexibility.

City Res \$57 / Non-Res \$67 / Ages 18+

221414B1 Wed May 20-Jun 10 7-8:15pm

221414B2 Wed Jun 17-Jul 8 7-8:15pm

BEGINNER HOOP DANCE

Instructor: Ashley Hunter - Location: Simms Center Auditorium

This hooping class combines fitness, fun, and dance using handmade adult-sized hoops. In this 4 week class you'll learn how to do much more than just hula hoop! We will learn all kinds of techniques that will help you explore movement to music with a hoop. The class will cover waist hooping, hand hooping, off the body moves, transitions, isolations, and other free flow movement. Open to all levels, but brand new hoopers especially welcome! (Hoops for use during class will be provided). **NO Class June 18th**

City Res \$46 / Non Res \$55 / Ages 15+

221433H Thu Apr 30-May 28 5:30-6:30pm

221433H1 Thu Jun 4-Jul 9 5:30-6:30pm

BOXING

Instructor: Obie Hill - Location: CFG/CAC

Have you always wanted to learn how to box and get in a good sweat while doing it? If so, then this course will provide that for you! This course will provide participants with the fundamentals of the art of boxing and fitness training. The duration of each class will be 45-minutes and all fitness levels are welcome! This class, taught by a former state and Golden Glove Boxing champion, will be sure to prepare you for a future in boxing or fitness training. Traditional American boxing is said to be one of the 'best cardiovascular workouts a person can experience', so don't miss out! **No class May 23 & July 4**

City Res \$55 / Non Res \$60 / Ages 13+

221433A1 Sat Apr 25-July 11 9:30-10:15 am

ZUMBA

Instructor: Margaret "Muff" Perry - Location: CFG/CAC

City Res \$24 / Non-Res \$30 / Ages 18+

221432A1 Mon Apr 13-May 11 6:45-7:30pm

221432A2 Mon Jun 1-Jun 29 6:45-7:30pm

221432A3 Fri Apr 17-May 15 6:45-7:30pm

221432A4 Fri May 29-Jun 26 6:45-7:30pm

TURBO KICK

Instructor: Kim Johnson - Location: CFG/CAC

Burn up to 1,000 calories an hour! Kickboxing and simple dance grooves set to heart pounding music. **No class Saturday May 23.**

City Res \$24 / Non-Res \$30 / Ages 18+

221433G1 Sat Apr 25-Jun 6 9:30-10:30am

VOLUNTEERS WANTED

We utilize volunteers for many of our exciting programs, classes, and events. Additional volunteer assistance is needed to continue offering outstanding activities. Opportunities exist for youth coaches, trail maintenance, and special event helpers. Send an email to parksandrecreation@harrisonburgva.gov to be added to our volunteer list.

BASIC YOGA

Instructor: Sue George - Location: Shenandoah Yoga

Explore basic yoga poses common across various yoga traditions as you improve your strength and flexibility and learn to let go of stress. Emphasis will be on proper alignment in postures, inner awareness and mindful breathing, and each class will end with deep relaxation. All levels, including beginners, are welcome to discover the benefits of yoga: vigor and vitality, balance, peace, a sense of well-being, and joy. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street).

No class May 25

City Res \$70 / Non-Res \$75 / Ages 18+

221425D1 Mon Apr 27-Jun 8 5:30-7pm

PRENATAL YOGA

Instructor: Sue George - Location: Shenandoah Yoga

Practice prenatal yoga to prepare your mind and body for labor and delivery. Specially chosen and modified yoga poses, breathing techniques and meditations will ease the symptoms of pregnancy plus speed recovery after childbirth. No yoga experience required—many women begin a yoga practice while pregnant. This class, taught by a Registered Prenatal Yoga Teacher, is recommended for women in their second and third trimesters, with physician or midwife approval. Classes meet at Shenandoah Yoga. (135 S. Main St.) **No class May 26**

City Res \$80 / Non-Res \$85 / Ages 18+

221425E1 Tue Apr 21-Jun 2 5:45-7:15pm

GENTLE YOGA

Instructor: Sue George - Location: Shenandoah Yoga

Ease into yoga poses and sequences at a slow pace and in a way that's accessible to those with stress, physical limitations and injury. Experience balance and harmony through a mindful practice designed to reduce tension, increase mobility and promote relaxation and healing. This class is suitable for seniors, beginners and students with limitations, as well as experienced practitioners of all ages who enjoy a gentle practice. Physician approval is recommended for students with medical conditions. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street). **No class May 27**

City Res \$49 / Non-Res \$55 / Ages 18+

221425F1 Wed Apr 22-Jun 3 10:30-11:30am

VINYASA YOGA

Instructor: Sue George - Location: Shenandoah Yoga

Movement between and within yoga poses is synchronized with the breath. Practice a variety of poses and move into and out of them in a mindful way, creating a moving meditation that ends with a delicious period of relaxation. All levels are welcome for this mixed level class—instructor will emphasize proper alignment and offer modifications to accommodate students of various skill levels. Yoga mat and props are provided during class or bring your own. Classes meet at Shenandoah Yoga (135 S. Main Street). **No class on May 28**

City Res \$70 / Non-Res \$75 / Ages 18+

221425G1 Thu Apr 23-Jun 4 5:30-7pm

BREATH & MINDFULNESS YOGA

Instructor: Anastasia Black - Location: CFG/CAC

A form of hatha yoga that includes pranayama (breathing exercises) as well as asanas (postures). This is a classical style yoga that emphasizes correct posture and breath. This class encompasses all levels of yoga and is perfect for everyone.

City Res \$29 / Non-Res \$34 / Ages 18+

221425B1 Tue/Thu Apr 14-May 14 8-9:15am

CANDLELIT YIN YOGA

Instructor: Anastasia Black - Location: CFG/CAC

A restorative yoga that emphasizes relaxation through stretching asanas (postures). This is a slow-paced class, aimed at calming the nervous system as well as releasing the muscles and connective tissue.

City Res \$29 / Non-Res \$34 / Ages 18+

221425A1 Mon/Wed Apr 13-May 15 6-7:15pm

221425A2 Mon/Wed May 27-Jun 24 6-7:15pm

VINYASA FLOW YOGA

Instructor: Anastasia Black - Location: CFG/CAC

This class is designed to get your heart pumping as you will likely work up a sweat. (60 min on Fri; 90 min on Sun.)

***Sunday class will be 1:15-2:45**

City Res \$29 / Non-Res \$34 / Ages 18+

221425C1 Fri/Sun Apr 17-May 17 9:15-10:15am

MIX-N-MATCH YOGA

Inquire about price discounts when registering for 2 or 3 of Anastasia's Yoga classes! (Candlelit, Vinyasa, or Breath & Mindfulness)

CONTRA DANCING

Instructor: Clinton Ross & Michelle Perry

Location: Simms Center Auditorium

A six session dance class and social dancing experience! Participants with a variety of skill levels and coordination will explore basic and beginner moves as well as proper technique of New England and American Folk dance. Live music and thorough instruction will accompany each session. No rhythm, timing, or prior dance experience necessary. Casual attire, comfortable shoes recommended. Individuals and singles are most welcome or come with a partner. There will be a dance following at the conclusion of each class – Saturday May 16th from 7-9:45pm. ***No class Apr. 22**

City Res \$29 / Non Res \$35 / Ages +16

220915A Wed Apr 8-May 13 7-8:45pm

PIYO: PILATES AND YOGA

Instructor: Melissa Shank - Location: CFG/CAC

This 30-minute lunch time PiYo class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga, while moving at a faster pace. PiYo delivers a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. Participants are encouraged to bring a yoga mat. ***Final class is Thu. July 2nd during Activity #**

City Res \$34 / Non-Res \$40 / Ages 18+

221425H1 Tue/Fri Apr 14-May 22 12:15-12:45

221425H2 Tue/Fri May 26-Jul 2 12:15-12:45

YOUTH

EXPLORING YOGA FOR KIDS

Instructor: Sue George - Location: CFG/CAC

Children will see yoga come to life in this fun practice which will merge movement, storytelling, and yoga poses. Participants will be introduced to basic yoga postures, relaxation concepts, and breathing techniques. This is a perfect practice for all little ones who love to express themselves through movement or need a little "balance" in their lives. **No class Monday, May 25.**

City Res \$30 / Non-Res \$35 / Ages 5-12

210925A1 Mon Apr 27-Jun 8 4:30-5pm

PAINT4FUN KIDS EDITION

Instructor: Diane Ricketson - Location: CFG/CAC

Children will complete and enjoy painting with acrylics a purple fuzzy spider on a 12 by 12 canvas. Come pick up a brush and Paint4Fun.

City Res \$15 / Non Res \$15 / Ages 6-11

210967B1 Fri Jun 12 10am-12:30pm

YOUTH HOOP DANCE

Instructor: Ashely Hunter - Location: Simms Center Auditorium

A youth class for those that want to join in the fun of hoop dance. This class will be a fun learning environment that'll encourage students to express themselves dancing with a hula hoop around their waist, and off. We'll learn transitions, tosses, many different hand hooping techniques, and more! This class is sure to make participants LOVE playing outside and practicing with their hoop. Hula hoops will be provided. Beginner hoopers most welcome!

City Res \$46 / Non Res \$55 / Ages 8-14

211433B Mon Apr 20-May 18 4-5pm

OUTDOOR ADVENTURE SPORTS CAMP

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

This day-long camp will offer introductory experiences in five of today's most popular outdoor adventure sports: top-rope climbing, wild cave exploration, recreational kayaking, stand-up paddleboarding, and river tubing. All technical and safety equipment is provided. Students must bring a bag lunch and drinks in plastic screw-top bottles each day.

City Res \$210 / Non Res \$215 / Rising Grades 7-9

211369B1 Mon-Fri Jul 13-17 9am-4pm

211369D2 Mon-Fri Aug 3-7 9am-4pm

211369D3 Mon-Fri Aug 10-14 9am-4pm

WATER ADVENTURE CAMPS

Instructor: Outdoor Adventure Experiences Staff - Location: CFG/CAC

This day-camp is designed to be a great introduction to some of the water related adventure activities in our area. Students will participate in a raft float trip, a creek hike, river tubing, swimming hole, and then choose to either repeat an activity, or have a lake day. All necessary equipment and personal flotation devices will be provided for students each day. Students must bring a bag lunch and drinks in plastic screw-top bottles each day.

City Res \$210 / Non Res \$215 / Rising Grades 4-6

211369C1 Mon-Fri Jun 22-26 9am-4pm

211369C2 Mon-Fri Jul 27-31 9am-4pm

211369C3 Mon-Fri Aug 10-14 9am-4pm

City Res \$210 / Non Res \$215 / Rising Grades 7-9

211369D1 Mon-Fri Jun 22-26 9am-4pm

211369D2 Mon-Fri Jul 27-31 9am-4pm

211369D3 Mon-Fri Aug 10-14 9am-4pm

LIVE TURTLE TIME

Instructor: Julie Francis - Location: Simms Center Art Room

Come out and learn all about them and how to draw turtles. Final project turtle painted on canvas! (Live Turtles will be here... Gloves will be provided to hold them)

City Res \$48 / Non Res \$58 / Ages 6+

230980D Mon May 4 6-7:30pm

DOG DOODLING

Instructor: Julie Francis - Location: Simms Center Art Room

Choose from 25 different DOG breeds with simple step-by-step Art instruction. Coloring and Texture Tips will bring your furry friend to life on paper!! Take away a final drawing of your favorite breed You may bring in a picture of your favorite DOG (OR CAT or FAVORITE PET to draw and keep !) (There will be a furry dog friend also to model for you.)

City Res \$29 / Non Res \$35 / Ages 6+

230980E Mon May 11 6-7:30pm

WESTOVER PRESCHOOL

Must be 3 or 4 years old by September 30, 2015. Registration begins 6/1/2015 in the administrative office of the Cecil F. Gilkerson Community Activities Center. City residents only.

Cost: \$250 for mid-September through mid-May. \$25 non-refundable deposit due at registration. Call 540-433-9168 for more information.

ATHLETICS

SPRING/SUMMER ARCHERY CAMP

Instructor: Brad Fiala - Location: HHS Activity Field

There is nothing more exciting than taking aim and hitting the bullseye! This camp is designed to teach the fundamentals of archery and the techniques that help make you a skilled archer. This program is designed for all skill levels.

City Res \$50 / Non-Res \$60 / Ages 8-12

211053A Tue/Thu Jun 9-25 5-6pm

211053B Tue/Thu Jul 14-Jul 30 5-6pm

City Res \$50 / Non-Res \$60 / Ages 13+

231053A Tue/Thu Jun 9-25 6:15-7:15pm

231053B Tue/Thu Jul 14-Jul 30 6:15-7:15pm

YOUTH SKATE CAMP

Facilitated by Wonder Skate Shop - Location: Westover Skate Park

Daily lessons for each camp are designed for any skill level. Learn how to cruise on flat ground and transitions, learn how to drop-in, or step it up and learn everything from lip tricks to flip tricks. Pizza Skate Jam provided on final day of each camp. Pads and helmets required and provided. The deadline for each camp is the Wednesday prior to the start of the camp. Participants must supply their own skateboard.

City Res \$55 / Non-Res \$60 / Ages 7-15

211021A Mon-Fri Jun 15-19 9am-noon

211021B Mon-Fri Jul 6-10 9am-noon

311021A Mon-Fri Aug 3-7 9am-noon

ATHLETICS

BLUE STREAKS SUMMER BASEBALL CAMP

Instructor: Kevin Tysinger - Location: HHS Baseball Field
Campers will be given instruction in the fundamentals of baseball including throwing mechanics, fielding mechanics, and hitting mechanics. Campers will also receive specialized instruction required for each position including catcher, pitcher, infielder, and outfielder. Campers will be put in competitive game situations and learn how to train to be successful high school players.

City Res \$40 / Non-Res \$50 / Ages 8-13

211042A Mon-Thu June 15-18 9-11am

SUMMER YOUTH SOCCER CAMP

Instructor: Dan Long - Location: Stone Spring Elementary
Learn the fundamental soccer skills through fun drills and games. Contact Tommy.

City Res \$40 / Non-Res \$50 / Rising Grades 1-5

211052A Mon-Fri Jun 8-12 8:30-10:30am

YOUTH VOLLEYBALL CAMP

Instructor: Laurie Kraus - Location: HHS Gym
This is a beginner camp for players to learn and improve their skills. The skills introduced will include underhand/overhand serving, forearm passing, setting, hitting, digging, and diving. There will also be instruction in serve receiving with transitions of offense and defense. Registration deadline is the Wednesday prior to the start of the camp. City Res \$55 / Non-Res \$60 / Grades 5-8

211044A Mon-Fri Jul 20-24 9am-noon

RIVEN ROCK FISHING CAMP

Instructors: Wes Runion, Jeremy Harold - Location: Riven Rock Park
Learn the skills it takes to become a great fisherman. Enjoy the outdoors while fishing from a fresh water stream. Equipment will be provided, or bring your own. Contact Tommy.

City Res \$25 / Non-Res \$35 / Ages 7-13

211069A Sat/Sun Apr 18-19 9-11:30am

YOUTH FENCING CAMP & GAMES

Instructor: Angela Leffel - Location: Spotswood Elementary
Learn the basic fundamentals and skills of the sport of Fencing. Please bring a packed lunch and a snack. Deadline to register-July 9.

City Res \$90 / Non-Res \$95 / Ages 8-14

211040A Mon-Fri Jul 13-Jul 17 9:30am-3:30pm

ADULT KICKBALL LEAGUE

Reliving a kid's game...in an adult manner. This is a co-ed league, 15-26 players per team, must have at least 4 females playing the field at all times. 16 team max, registration deadline is Aug 7 or when league is full. \$160/team. Ages 16+ / Ramblewood

331020A Tue/Wed Aug 18-Oct 28 6-9pm

INLINE AND DECK HOCKEY OPEN PLAY

Hockey rink is located at 340 S. Willow St. next to the National Guard Armory. All ages and skills welcome. Bring your own equipment and play/skate at your own risk. Skate until dark. For more information contact Gary Tyler at 438-8643.

TENNIS UNITED

Free pickup play at the Eastover Tennis Courts.
All players are welcome to come and play. Contact Curt Updike for more information about the program at Tennisuno@gmail.com.
Sun Apr 5-Nov 29 6pm

HARRISONBURG SUMMER TENNIS CAMP

Instructors: Kevin Rinker and Stefan Peric
Location: Purcell Park Tennis Courts

This camp is designed to teach and develop tennis skills in a fun environment. The camp combines instruction, drills, and play. Campers must provide their own rackets.

City Res \$40 / Non-Res \$50 / Ages 7-10

210134R Mon/Wed/Fri Jun 15-26 9-10am

210134R3 Mon/Wed/Fri July 6-17 9-10am

City Res \$40 / Non-Res \$50 / Ages 11-13

210134R1 Mon/Wed/Fri June 15-26 10:30-11:30am

210134R4 Mon/Wed/Fri July 6-17 10:30-11:30am

City Res \$40 / Non-Res \$50 / Ages 14-17

210134R2 Mon/Wed/Fri June 15-26 noon-1pm

210134R5 Mon/Wed/Fri July 6-17 noon-1pm

YOUTH FOOTBALL LEAGUES

Registration for all youth football leagues including Flag (ages 5&6), Pee Wee (ages 7-9), and Junior (ages 10-12) are currently taking place. The weight limit for Pee Wee will be 125 lbs. and Junior will be 155 lbs. Registration forms will be delivered to schools in May. Forms can also be found at the Harrisonburg Parks and Recreation Office or www.harrisonburgva.gov/football-cheerleading.

COACH OUR YOUTH FOOTBALL PLAYERS!

The Harrisonburg Youth Football Board is looking for a few good coaches for the upcoming season from Aug thru Oct! Do you want to help positively influence 5-12 year olds... and have a blast as a head or assistant coach? Previous coaches are strongly encouraged to apply. However, no prior coaching experience is necessary. We will offer mentorship to any new coaches. Successful applicants must be at least 18 years old (male or female) and must pass a background check. Coaches will also be featured and group-photographed in our local media outlets. Apply at Harrisonburg Parks & Recreation by April 30, 2015.

YOUTH FOOTBALL CLINIC

Location: Skyline Middle School

Are you ready for some football?! Join us for our first annual Youth Football Clinic. The skills covered will be throwing, catching, hand-offs, blocking, pursuit, kicking, safe 'head's up' technique, formations, sportsmanship, warm-up drills, and proper tackling (demonstration only). Many local football coaches and local high school/college football players will be on hand to provide skilled instruction. Parent or responsible adult must remain on site with child. There will be a break-out session with the Harrisonburg Youth Football Board for parents and prospective coaches to answer any questions about the upcoming season. Register from Mar 15 thru Apr 8. Space is limited. No Fee. Anyone interested in volunteering to help in any capacity (football skill or basic help in general), please contact Kevin Shifflett at kevinshifflett@aol.com or 421-7191. Grades K-8.

Sun Apr 19 1-5pm

OUTDOOR

STAND-UP PADDLEBOARDING

Instructor: Derek Young - Location: CFG/CAC

Originating in Hawaii, Stand Up paddleboarding has been a long time surfing culture activity. Now, it's your turn to try this quickly emerging global sport right here in the Valley. During this half day experience, we'll teach you the fundamentals to set you up for a great day on the river. We will provide boards, life-jackets and helmets. Closed toed footwear is required. Bring a packed lunch (ziplock), and water in plastic bottles.

City Res \$42 / Non Res \$44 / Ages 12+

231469B4	Sun	Jun 7	1-6pm
231469B5	Sun	Jul 19	1-6pm
231469B6	Sat	Jun 27	10am-3pm
231469B7	Sat	Jul 4	10am-3pm

FAMILY RAFT FLOAT TRIP

Instructor: Derek Young - Location: CFG/CAC

Bring the whole family for a fun-filled day of leisure rafting. During our journey we'll take plenty of time to relax, swim in the rapids, and jump off a rope swing. Pack a delicious lunch, but leave glass bottles and containers at home please. You don't want to miss this experience! **Ages 5-11 get \$10 discount.**

City Res \$37 / Non Res \$39 / Ages 5+

231469C1	Sun	May 31	1-6pm
231469C4	Sat	Jun 13	noon-5pm
231469C2	Sun	Jun 28	1-6pm
231469C5	Sat	Jul 18	noon-5pm
231469C3	Sun	Aug 2	1-6pm

RECREATIONAL KAYAKING

Instructor: Derek Young - Location: CFG/CAC

Cool off this summer with a scenic float down the South Fork of the Shenandoah River. Participants will be provided boats, paddles, life jackets, and dry bags (to take personal items down the river in). A packed lunch with a screw-top plastic water bottle, appropriate river clothing, and closed toes shoes are required. This trip is designed for the novice paddler.

City Res \$52 / Non Res \$54 / Ages 12+

231469I1	Mon	May 25	9am-5pm
231469I2	Sat	Jun 20	9am-5pm
231469I3	Sat	Jul 25	9am-5pm

BEAT THE HEAT TUBING TRIP

Instructor: Derek Young - Location: CFG/CAC

Come out for a relaxing half day float along the Shenandoah River. Let the current and your inner tube guide you down the river. Each participant will be provided a tube and a large one will be brought to play on. Bring bottled water and closed toed shoes.

City Res \$42 / Non Res \$44 / Ages 8+

231469N1	Sun	Jul 5	1-6pm
231469N2	Sat	Aug 8	noon-5pm

**YOUTH OUTDOOR SUMMER
CAMPS ON PAGE 10**

CLASSIC RIVER RAFT FLOAT TRIPS

Instructor: Derek Young - Location: CFG/CAC

This is a trip for the more adventurous. We will float one of the classic rivers of western Virginia on this full day trip. Participants should pack a lunch, plastic water bottles, and money for a dinner stop.

City Res \$62 / Non Res \$64 / Ages 8+

231469C6	Sat	May 9	9am-7pm
231469N2	Sat	Jul 11	9am-7pm

CLASSIC RIVER RECREATIONAL KAYAK TRIPS

Instructor: Derek Young - Location: CFG/CAC

Kayak the Upper James or Maury River and enjoy the scenic beauty of this area. Participants should pack a lunch and plastic water bottles, and money for a dinner stop.

City Res \$62 / Non Res \$64 / Ages 14+

231469I5	Sat	May 30	noon-5pm
-----------------	-----	--------	----------

INTERMEDIATE CAVING

Instructor: Wild Guyde Adventures

Enjoy the natural beauty underground at Glade Cave. No matter the temperature outside, the cave is always 54°.

City Res \$27 / Non Res \$30 / Ages 18+

230469O1	Sun	Jun 28	9am-noon
-----------------	-----	--------	----------

FAMILY RIVER CANOEING TRIP

Instructor: Wild Guyde Adventures

This family canoeing adventure will explore the South Fork of the Shenandoah River. See this majestic river from a viewpoint that you have never seen before.

City Res \$32 / Non Res \$36 / Ages 10+

231469M1	Sun	Jul 19	1-5pm
-----------------	-----	--------	-------

ROCK CLIMBING

Instructor: Wild Guyde Adventures

Learn how to climb some of the area's natural rock faces with expert guidance from Wild Guyde Adventures. This day-long adventure will require participants to pack a lunch and bring plastic water bottles

City Res \$47 / Non Res \$56 / Ages 18+

231469A	Sat	Jul 25	9am-4pm
----------------	-----	--------	---------

ENGLISH HORSEBACK RIDING LESSONS

Instructor: Lori Broughman

Beginner through Advanced English Riding Lessons will be available through Snapps Creek Stables. Riding helmets are required, and may be provided if you don't have your own. Individual lessons will give you the best learning opportunity. Contact the instructor directly at lori.broughman@gmail.com. All Res \$35

**EARLY ONLINE REGISTRATION
FOR CITY RESIDENTS!!**

STARTING DECEMBER 2015
FOR MORE INFORMATION VISIT
WWW.HARRISONBURGVA.GOV/PROGRAM-REGISTRATION

DANCE PROGRAM SCHEDULE

EXCITING BALLET AND POINTE WORKSHOP!

Come and enjoy a week-long workshop in Ballet and Pointe. The workshop will be held Monday through Friday, **May 11th to May 15th** from 6:00-8:45 pm. This workshop is open to Advanced and Adult Pointe dancers who would like to excel in their technique. Activity # **220315B1**, Fee: \$50 city resident, \$60 non-resident.

EXCITING SUMMER DANCE CAMPS!

Come enjoy an exciting week-long educational experience in dance! Students will be introduced to various dance forms including ballet, tap, jazz, hip-hop, and musical theatre in a family oriented atmosphere. Students will be challenged at their individual level in each discipline to encourage self-esteem. Through crafts and coloring sheets, students will be exposed to costume designing and dance technique, which will provide students with the opportunity to create their own artistic work, challenging student creativity and critical thinking skills. On Friday, during the last 45 minutes of the camp, parents and friends are invited for refreshments and an informal performance showcasing skills discovered in camp. This is a great opportunity to be with old friends and meet new ones in a positive and nurturing environment! Dance Camps run for 1 week:

Dance Camp I - Monday through Friday - June 8th to 12th: Dance Camp II - June 15th to 19th.

Fee: \$75 city resident, \$90 non-resident. \$10 discount for siblings.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
210315J1	Dance Camp I	6-9	9am-noon	3/17	Cynthia/Jimmy/Anna
210315J2	Dance Camp II	10-18	9am-noon	3/17	Cynthia/Jimmy

FUN SUMMER DANCE CLASSES!!

Instructors: Cynthia Marafino, Jimmy Marafino, Anna Wyatt

Classes run 5 weeks- Monday-Thursday classes May 18th through June 22nd.

No classes Monday, May 25 (Memorial Day)

Fee: \$25 city residents, \$30 for non-residents, \$5 discount for siblings.

ACTIVITY#	CLASS	AGE	TIME	MIN/MAX	INSTRUCTOR
MONDAY - MAY 18 – JUNE 22					
210315G2	Beg. Child Jazz/Ballet	6-8	4:30-5:15pm	3/15	Cynthia/Jimmy
210315G4	Int. Jazz/Hip-Hop	8-12	5:15-6pm	3/15	Jimmy
220315A3	Adult Ballet	18+	6-7pm	3/15	Jimmy
220315A2	Adult Tap	18+	7-7:45pm	3/15	Jimmy
TUESDAY - MAY 19 – JUNE 16					
210315D1	Discover Dance I	3½ -4½	4:15-4:50pm	3/14	Anna
210315B2	Intro to Dance (some tap)	5½ -6½	5-5:45pm	3/15	Cynthia
210315H1	Beg. Child Ballet/Tap	6-8	5:45-6:30pm	3/15	Cynthia/Jimmy
WEDNESDAY - MAY 20 – JUNE 17					
210315A3	Discover Dance II	4½ -5½	4:15-4:50pm	3/15	Cynthia
210315D2	Discover Dance I	3½ -4½	5-5:35pm	3/14	Cynthia
210315H2	Int. Ballet/Tap II/III	8-12	5:45-6:30pm	3/15	Cynthia/Jimmy
210315G1	Adv. Jazz (involves hip hop)	11-18	6:30-7:30pm	3/15	Jimmy
210315F4	Lyrical/Modern	10-18	7:30-8:15pm	3/15	Cynthia
THURSDAY - MAY 21 – JUNE 18					
210315D3	Discover Dance I	3½ -4½	4:15-4:50pm	3/14	Anna
210315A4	Discover Dance II	4½ -5½	5-5:35pm	3/15	Cynthia
210315H4	Advanced Ballet	10-18	5:45-6:45pm	3/15	Cynthia
210315F3	Musical Stage Dance	10-18	6:45-7:30pm	3/15	Jimmy

SCHOOL-AGE SUMMER CHILDCARE

Open registration for our summer childcare program will begin April 6, 2015. Space is limited and restricted to City Residents Only. For more information, visit www.harrisonburgva.gov/childcare.

AFTER SCHOOL CHILDCARE

Open Registration for our 2015-2016 after school childcare program will begin July 20, 2015. Children who are 5 years old, and are attending kindergarten, up to 12 years old will be accepted. Space is limited and restricted to City Residents Only. For more information, visit www.harrisonburgva.gov/childcare.

50 & WISER

Provides recreation and social opportunities for those baby boomer age and beyond! Contact: Lynn Hoy - lynn.turner@harrisonburgva.gov

You will notice that some of our programs are now moving up to the Price Rotary Senior Center. This great facility now has some spare time available to us to program. We are going to use the space for some fun new programs and we want to make it a great place to come and enjoy meeting other active 50+ citizens. It is located in Westover Park behind the CFG/CAC at 305 South Dogwood Drive. Please let us know what activities you would enjoy and would like to see offered!

BROWN BAG LUNCH

Pack your lunch and come to the Price Rotary LOUNGE at the Senior Center. We will eat our lunches and have a topic of discussion afterwards. The topics will be fun and informative ideas like making jewelry, couponing, making different oils and vinegars and guest speakers. I will provide the drinks; you just need to pack your lunch. Our first speaker will be Julie Haushalter from the Lavendar Farm. This is a free program; however, registration would be appreciated. You can call 433-9168 to find out the subject each month.

Thu Apr 9, May 14, Jun 25, Jul 9 11:30-1:30pm

AARP DRIVER SAFETY PROGRAM

Instructor: Linda Surbaugh - Location: CFG/CAC

Participants learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age related changes. For individuals 55+ in Virginia, it is a state law that all insurance companies must offer a discount for anyone who completes the course. Classroom only instruction, no driving or other "in-car" time involved. Bring your driver's license and **make checks payable to AARP** on the first day of class. Must attend both classes. \$15 AARP members, \$20 non-members / Ages 50+

240554A Tue/Wed Jun 2, 3 1-5pm

LUNCH BUNCH

Looking for a good excuse to get out of the house? Looking for a place to meet friends, old and new? The Lunch Bunch meets on selected Thursdays at different restaurant each month. Check your calendar and join us! Please register by the Monday that week, so we can let the restaurants know we are coming. We will try to eat outside, weather permitting. All lunches from 11:30am-12:45pm.

Fee: Order off menu.

2140558C Thu May 21 Vito's -1039 Port Republic Rd.
240558C1 Thu Jun 18 Dave's Taverna -810 Port Republic
240558C2 Thu Jul 23 Clementine's -153 S. Main St

50+ SOCIAL CLUB

We know that there are a lot of 50 years and older people looking for something to do in the evenings. Like me, a lot of us are still working until 5:00pm but would like something fun to do when we get off work. Let's get together and go to a movie, ball game, dinner, play cards/games, etc. Please contact me (lynnt@harrisonburgva.gov or (540)433-9168) and get put on a list and keep you notified of what fun stuff we have planned.

QUILTING CORNER

Come join us and meet with other quilters, trade ideas, work on projects and have some fun. You can cut, piece or sew while you are there. Bring your supplies and sewing machine if you are going to sew. We have lots of big tables for you to spread out and have room to work. Come when you can and share your love of quilting. NO FEE.

Wed Jun 10,24; Jul 8,22 9am-noon

BEGINNING CROCHET

Instructor: Meki Shifflett - Location: Price Rotary Senior Center

This class is for beginners and for those who have not crocheted for a while. You will learn the basic stitches and end up with a beautiful scarf. A supply list will be handed out at the first class (approximate cost: \$8.00).

City Res \$30 / Non-Res \$36 / Ages 50+

240570E1 Tue Jun 2-23 1-3pm

240570E2 Tue Jul 7-28 1-3pm

240570E3 Tue Aug 4-25 1-3pm

BISCUITS & BINGO

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants received a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. FREE Ages 50+ Wed Apr 29-Jul 29 9-10am

BENNY'S BLANKETS

Location: Price Rotary Senior Center

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, and other service organizations. Drop in and join the group! We do a lot more than just crochet!!! If anyone has yarn to donate, Benny's Blankets would love to have it. Please call 433-9168 or drop it by the Administrative Office. Free Tue/Thu Apr 7-Ongoing 9-11am

BOOK CLUB

Location: Price Rotary Senior Center

This "new" book club is about the enjoyment of reading, whether you are an occasional or avid reader. Books are chosen by the members of the club. No one in this book club should feel obligated to read EVERY book, EVERY month. You do not have to read any or all the books to attend or enjoy the conversation. Please join us to laugh, share wisdom, gain insight and make new friends. We will meet the first Monday of each month. FREE, registration appreciated.

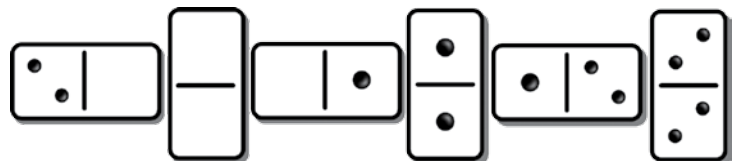
240554H Mon Apr 6/May 4/Jul 1/Jul 6 3pm

WEDNESDAY AFTERNOON GAMES

Location: Price Rotary Senior Center

Come join the fun. We already have a table of pinochle and bridge playing and we are looking to add poker, dominoes, corn hole bean bag toss and canasta. If you are interested in joining the group at our new GREAT LOCATION, come join us. We have a great space and can have a great afternoon of FUN.

Free Wed Apr 1-Ongoing 1-3pm



PICKLEBALL

Coordinator: Lynn Turner - Location: CFG/CAC

Meet your friends or call and come once a week for a rousing Pickleball game or three. You can play through May in our gym. We furnish all equipment.

Free	Thu	Ongoing	noon-3pm
------	-----	---------	----------

SUMMER PICKLEBALL

Coordinator: Lynn Turner - Location: Morrison Park

Meet your friends at Morrison Park tennis courts for reserved court time. You can come by the CFG/CAC and check out equipment. For questions, call 433-2474.

Free	Thu	Jun 4-Aug 27	6-8pm
------	-----	--------------	-------

THURSDAY AFTERNOON BOWLING

Location: Valley Lanes

Enjoy bowling in a relaxed atmosphere where fun is the name of the game. Experienced or non-experienced bowlers are welcome. Bowl for 16 weeks, with a party on the 17th week where prizes are awarded for a number of categories. \$8 per person includes 3 games, shoes and ball. No registration necessary. Next sign up for teams May 7th. All Participants \$8 / Ages 50+ / Thu / 1-3pm

SILVER SNEAKERS

Let's get moving, join fellow 50 years + walkers at Purcell Park. We will meet at Kids Castle and walk for about an hour or until you get tired. The program will be weather permitting and it is a drop in program so join the fun and meet new friends. FREE and all levels and ages are welcome!

Mon/Wed/Fri	May 11-ongoing	9-10am
-------------	----------------	--------

50+ LET'S PLAY GOLF

Instructor: David Johns, PGA Professional

Location: Heritage Oaks Golf Course

It's never too late to learn the great game of GOLF. This class includes an introduction and lessons to learn how to play and enjoy this great senior pastime. We will spend time at the range and on the course at Heritage Oaks.

City Res \$35 / Non-Res \$40 / Ages 50+

240564A	Tue	May 19-Jun 23	1-2:30pm
---------	-----	---------------	----------

50+ DISC GOLF

Instructor: Ed Steele - Location: Westover Park

Come learn and play Disc Golf. It is great exercise and lots of fun. We will meet at the Price Rotary Senior Center each Wednesday, weather permitting. Registration appreciated by calling 433-9168.

240546A	Wed	May 20-ongoing	9am
---------	-----	----------------	-----

50+ BEGINNER BIKE RIDES

Instructor: Lynn Hoy - Location: Purcell Park

Is it true, you never forget how to ride a bike – we shall see!!! Get in the garage and clean up that old bike and come join me for a ride on the Bluestone Trail at Purcell Park. We will meet in the Kids Castle picnic shelter and give it a shot. After our ride, we will discuss future rides. Weather permitting. Registration appreciated by calling 433-9168.

140525E	Tue	Jun 2	7pm
---------	-----	-------	-----

CARDIO & STRENGTH

Instructor: Frank Campbell/Warren Stimpson - Location: CFG/CAC
Stretch, strengthen, and get fit! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. City Res \$36 / Non-Res \$43 / Ages 50+

240523A	Tue/Thu	Apr 14-May 21	5:30-6:15pm
---------	---------	---------------	-------------

240523A1	Tue/Thu	May 26-Jul 2	5:30-6:15pm
----------	---------	--------------	-------------

240523A2	Tue/Thu	Jul 7-Aug 13	5:30-6:15pm
----------	---------	--------------	-------------

EARLY BIRD CARDIO & STRENGTH

Instructor: Frank Campbell - Location: CFG/CAC

City Res \$36 / Non-Res \$43 / Ages 50+

240523A3	Tue/Thu	Apr 14-May 21	6:15-7am
----------	---------	---------------	----------

240523A4	Tue/Thu	May 26-Jul 2	6:15-7am
----------	---------	--------------	----------

240523A5	Tue/Thu	Jul 7-Aug 13	6:15-7am
----------	---------	--------------	----------

ZUMBA GOLD

Instructor: Melissa Shank - Location: CFG/CAC

This Zumba Gold class is especially designed for active older adults, especially those who want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and internationally inspired dance fitness workout. Join the party! **Please note - Tuesday class is 45 minutes starting at 6:20pm**

City Res \$48 / Non-Res \$58 / Ages 50+

240523B	Tue/Thu	Apr 14-May 21	6:20-7:05pm
---------	---------	---------------	-------------

			6:30-7:30pm
--	--	--	-------------

240523B1	Tue/Thu	May 26-Jul 2	6:20-7:05pm
----------	---------	--------------	-------------

			6:30-7:30pm
--	--	--	-------------

240523B2	Tue/Thu	Jul 7-Aug 13	6:20-7:05pm
----------	---------	--------------	-------------

			6:30-7:30pm
--	--	--	-------------

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney - Location: CFG/CAC

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$31 / Non-Res \$37 / Ages 50+

240525A	Mon	Apr 13-May 18	5:30-6:30pm
---------	-----	---------------	-------------

240525A1	Wed	Apr 15-May 20	5:30-6:30pm
----------	-----	---------------	-------------

Mini Summer Session (3 weeks)

City Res \$16 / Non-Res \$19 / Ages 50+

240525A2	Mon	Jun 1-Jun 15	5:30-6:30pm
----------	-----	--------------	-------------

240525A3	Wed	May 27-Jun 10	5:30-6:30pm
----------	-----	---------------	-------------

EXTRA GENTLE YOGA

Instructor: Patricia Kearney - Location: CFG/CAC

Participation in yoga benefits stress reduction, muscular endurance, flexibility and balance. In this class seated poses can be done using chairs or sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. The instructor has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy.

City Res \$31 / Non-Res \$37 / Ages 50+

240525B1	Thu	Apr 16-May 21	6-7pm
----------	-----	---------------	-------

Mini Summer Session (3 weeks)

City Res \$16 / Non-Res \$19 / Ages 50+

240525B2	Thu	May 28-Jun 11	6-7pm
----------	-----	---------------	-------

COMMUNITY CENTER INFORMATION

**Cecil F. Gilkerson
Community Activities Center**
305 S. Dogwood Drive
540-433-2474
www.harrisonburgva.gov/community-activities-center

HOURS OF OPERATION

Mon–Fri 6am–9pm
Sat 9am–5pm
Sun 1pm–6pm
Daily Gym schedule available online

RACQUETBALL/WALLYBALL

Adult \$2/person/hour
Youth \$1/person/hour
Wallyball \$10/court/hour

RACQUETBALL CARD

CFG/CAC members may purchase Racquetball Cards for convenience. Fourteen plays per card. Adult card: \$24

RACQUETBALL COURTS

Come check out our racquetball courts. Current annual pass holders may reserve courts up to 7 days in advance by calling 433-2474.

EXERCISE ROOM

Get in shape with a full body workout in our Exercise Room. We feature five treadmills, four elliptical machines, two recumbent bicycles, seated leg press, abdominal and back extension, shoulder press, seated calf machine, seated triceps extension, and more. Access to the Exercise Room is limited to adults and pre-approved youth only.

EARLY BIRD RECREATION/FITNESS

Get out of bed early for some fast paced action. The gym is available for full court basketball on Tues/Thur.

Racquetball courts are available on a first come, first serve basis. Get your work out in before work in our Exercise Room. Showers are available, but you need to bring your own supplies.

Mon–Fri 6–9am
Annual Pass or Guest Fee

FEE SCHEDULE

Local residents ages 12 and over may enjoy the facilities of the Cecil F. Gilkerson Community Activities Center & the Lucy F. Simms Continuing Education Center by purchasing an annual ID pass. Passes are available to City Residents and Non-Residents. The pass will serve as general admission to the Center, and allow pass holders to make Racquetball court reservations in advance. Daily guest fees now available for the weight room.

ANNUAL PASS

City Resident Adult. \$30
Non-Resident Adult. \$60
City Resident Senior (55 and over). . . \$15
Non-Resident Senior (55 and over). . . \$30
City Resident Teen (12-17 years). . . . \$5
Non-Resident Teen (12-17 years). . . \$15
Youth Daily Guest Fee. \$2
Adult Daily Guest Fee*. \$3
* Must show photo identification to enter.

ROOM RENTALS

Are you planning an event? Our Recreation Centers have many options if you're looking for space. We'd be happy to accommodate your next birthday party, baby shower, business meeting, conference, or workshop. *See community center websites for room layout options & fees specific to each building.*

FULL COURT BASKETBALL

Pick-up games are run so come to the Gym and bring a friend. High School age through adults.
Annual Pass or Guest Fee Required.

Mon	6:30–9pm	Simms
Tue	11am–1pm	Simms
Tue	6–8:45pm	CFG/CAC
Wed	6:30–9pm	Simms
Thu	11am–1pm	Simms

OPEN GYM

Our gymnasium will be open for families and individuals to participate in open gym activities. No full court basketball or volleyball will be held during this time.
Annual Pass or Guest Fee Required.

Sat	9am–4:45pm	CFG/CAC
Sun	1–5:45pm	CFG/CAC

**Lucy F. Simms Continuing
Education Center**
620 Simms Avenue
540-437-9213

www.harrisonburgva.gov/simms-center

CENTER OFFICE HOURS

8am–5pm Monday–Friday

COMPUTER LAB HOURS (Free)

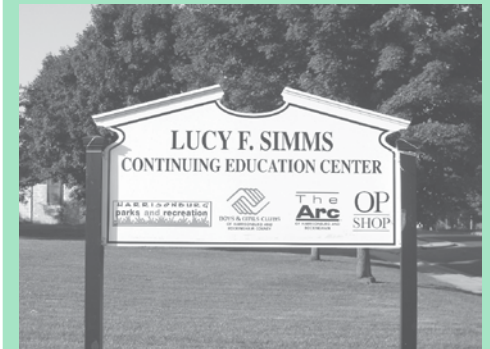
Monday–Friday
8:30am–11:30am - 2:00pm–5:00pm
Monday & Wednesday
6:30pm–9:00pm

FITNESS ROOM HOURS

(Annual Pass or Guest Fee)
8:00am–12pm Mon/Wed
6:30pm–9pm Mon/Wed
7:30am–2pm Tue/Thur

WALKING PROGRAM

One of the easiest and best ways to lose or maintain weight is by simply walking. This is a self guided walking program that you can do with a friend or family member. Walk the trail in Ralph Sampson Park, the trail is .5 miles (2 laps = 1 mile) long or create your own throughout the neighborhood.



CO-ED VOLLEYBALL

Join us for pick-up games of volleyball in the C.A.C. Gym every Monday and Wednesday night. Children under High School age must be accompanied on the court by a parent.

Mon/Wed
6–8:45pm

PARK & SHELTER INFORMATION

Grills are provided as well as trash receptacles. Park restrooms are available for use April 15 – October 31 (except Riven Rock which opens May 15 – Oct 31). Water fountains and electricity are available at various shelters. During the off-season, water and electricity are shut off to protect pipes from freezing and conserve electricity. Restrooms are not available during the off-season. (Portable toilets may be available in some parks.)

- If you see any problems, please report them to the Recreation Department on the next working day if possible.
- Shelters are booked on a first come-first served basis. Once a reservation is made, no switching of dates, parks, or shelters is allowed. There are also **NO REFUNDS ON ANY SHELTER RESERVATIONS**. To avoid any reservation mix-ups, please keep your receipt and take it with you on the day of your picnic.
- No inflatable bounce houses.
- No alcoholic beverages or illegal drugs of any kind are allowed on park property.
- Please do not remove or move picnic tables.
- All dogs must be on a leash at all times (city code 15-2-2 leash law) and are not allowed on athletic fields.
- Picnickers must furnish charcoal for use in grills.
- No open fires allowed without permission. All fires must be out before leaving park.
- City parks cannot be used for fund raising, political, religious or private gain.
 - *Shelter reservations and organized meetings associated with religious, political or private groups with the intent of soliciting, recruiting or attracting volunteers, individuals or outside agencies, solicitation of money, distribution of literature or requests for donations, or use for private gain, are prohibited.
- Anyone wishing to enter Westover or Hillandale Parks before the park is open will be charged a fee of \$20.
- No loud music or public address systems. Please be respectful of park neighbors and residential areas.
- Lights in the shelters, which are on timers, are only intended to provide minimal light and are not guaranteed.
- Caution should be used not to overload electrical outlets; you may trip electrical breakers, shutting off all power to your shelter.

SHELTER RESERVATIONS

Fees

WEEKDAY RESERVATIONS

Monday-Friday reservations:

\$10 City Residents

\$15 Non-Residents

WEEKEND RESERVATIONS

Saturday & Sunday reservations:

\$25 City Residents

\$40 Non-Residents

Due to high demand, all shelters reserved Saturday, May 9, 2015 (JMU Graduation) \$50.

Dates

The season runs:

April 15–October 31 for all city parks

May 15–October 31 for Riven Rock Park

Shelters can be reserved in advance by telephone with credit card or in person by check, cash or credit card.

**Administrative Office : (540)433-9168
8am-5pm, Monday-Friday.**

The following parks have shelters available for rental:

Westover Park

Morrison Park

Riven Rock Park

A Dream Come True Playground

Purcell Park

Hillandale Park

Ralph Sampson Park

*Para mas informacion acerca de las Casitas.
Por favor vaya ala web o en la oficina.*

<http://www.harrisonburgva.gov/shelters>

A DREAM COME TRUE PLAYGROUND

8am to dusk

The pavilion is available for half day reservations from 11am-2pm and 3pm-6pm. Weekday reservation rates for half days are \$25 for City Residents and \$35 for Non-Residents. Saturday, Sunday and Holiday reservation rates for half days are \$40 for City Residents and \$50 for Non-Residents. (Pavilion does not have electricity, lighting or grills, NO OUTSIDE GRILLS ALLOWED) Restrooms are not available during the offseason.

Harrisonburg Parks & Recreation Staff Directory

Lee Foerster, **Director**

David Wigginton, **Assistant Director**

Administrative Office: (540)433-9168

Lynn Turner Hoy, Senior Program Coordinator

Matt Little, Special Events Coordinator

Athletics: (540)433-9168

Erik Dart, Athletic Program Coordinator

Tommy Thomas, Athletic Program Coordinator

Heritage Oaks Golf Course: (540)442-6502

David Johns, Professional

Kelly Adams, Golf Shop Manager

Cecil F. Gilkerson Community Activities Center: (540)433-2474

Ed Steele, Manager

Bill Rule, Supervisor

Scott Erickson, Recreation Specialist

Tucker Thigpen, Recreation Specialist

Ashley Tobe, Recreation Specialist

Stephanie Wimer, Recreation Specialist

Lucy F. Simms Continuing Education Center: (540)437-9213

Stephanie Howard, Supervisor

Cory Jeffries, Recreation Specialist

Westover Swimming Pool: (540)434-0571

Kristin Lam, Aquatics Manager

Noelle Burgess, Pool Supervisor

THE FIRST TEE OF HARRISONBURG

To impact the lives of young people by providing educational programs that build character, instill life-enhancing values, and promote healthy choices through the game of golf.

SUMMER CLASSES

LITTLE LEGENDS

Ages 5 & 6

May 11, 13, 18, 20, 25, 27	4:30 – 5:30
June 8 – 12	9:00 – 10:00
June 22 – 26	9:00 – 10:00
July 13 – 17	9:00 – 10:00
August 3 – 7	9:00 – 10:00

PAR

Ages 9-11 (must pass PLAYer test)

June 8, 10, 12, 15, 17, 19	1:30 – 3:00
June 22 – 26	10:30–noon
July 14, 16, 21, 23, 28, 30	1:30 – 3:00
August 3, 5, 7, 10, 12, 14	1:30 – 3:00

EAGLE

Ages 13-18 (must pass Birdie test)

June 15, 17, 19, 22, 24, 26	3:30 – 5:00
July 13 – 17	3:30 – 5:00
July 27 – 31	3:30 – 5:00
August 10 – 14	10:00–11:30

PLAYER

Ages 7- 9 or have never taken a First Tee Class

May 12, 14, 19, 21, 26, 28	4:00 – 5:30
June 8 – 12	10:30–noon
June 15 – 19	10:00–11:30
July 13 – 17	10:30–noon
July 20 – 24	10:30–noon
August 3 – 7	10:30–noon

BIRDIE

Ages 11-13 (must pass Par test)

June 9, 11, 16, 18, 23, 25	1:30 – 3:00
July 20 – 24	3:30 – 5:00
August 3 – 7	3:30 – 5:00

CLASS PRICES

Little Legends - \$25

PLAYer, Par, Birdie, & Eagle - \$50

Season Pass - \$175

If you do not know which class to sign up for, just call (540)437-4239 for assistance.

We also offer individual lessons

Call (540)437-4239

Email thefirstteeharrisonburgva@gmail.com

The First Tee Harrisonburg
690 Garbers Church Road
Harrisonburg, VA 22801
(540)437-4239
thefirstteeharrisonburgva@gmail.com
www.thefirstteeharrisonburg.org



680 Garbers Church Road
Harrisonburg, VA 22801
540-442-6502
Spring Pro Shop Hours:
7am-7pm



www.heritageoaksgolf.com



***NEW* for 2015 : Pin Seekers Challenge**

April 2nd – August 20th with the final Shoot-Out on August 27th
Each Thursday beginning April 2nd Heritage Oaks will be hosting a Par 3 contest open to any golfer (male, female, junior) interested in participating. The fee to participate is \$2 per round of golf. All 5 Par 3's will be included in this contest to the pin challenge. Weekly winners will receive a dozen golf balls and will be invited to participate in the Shoot-Out on August 27th. Shoot-Out winners win a new set of irons, or a driver, or new golf bag. Get a hole-in-one during the shoot out and you will win a \$10,000! For more information visit our website or stop by the Pro-Shop.

Who will be the Ultimate Pin Seeker?

Instruction & Lessons

Spring is here and it is time to knock the rust off! Want to learn to play golf? PGA Professional, David Johns, is here to show you the way to the best swing for you. Dave's philosophy is to tweak your natural swing to work better for you, not redesign from the grip to follow through to fit "the mold". Each golfer is unique, so is Dave's approach to instruction. Call the Pro-Shop today to schedule your lesson. Private, Semi-Private, and group lessons available. More details on-line at www.heritageoaksgolf.com

Equipment & Apparel

Our Pro-Shop is stocked with the latest equipment and apparel by Adams, Callaway, Mizuno, Nike, Ping, Srixon, TaylorMade, Titleist, Under Armour and more! In the market for clubs, or want to hit yours better? Let Dave fit you, club fittings only take about 20 minutes.

Get the latest News & Information

Sign up for the Heritage Oaks Herald! The Herald is our monthly newsletter that goes out the last Monday of each month. Find out about upcoming tournaments, specials, great happenings at the course and did you know tidbits! Email kelly.adams@harrisonburgva.gov to sign up.

NOW OPEN! Prosecco Ristorante and Subs

Prosecco is the new Food & Beverage provider for Heritage Oaks Golf Course. We welcome them to the course and expect great service, food, and fun from the crew of Prosecco. You will find Prosecco owner, Sav Greco, in the kitchen most days preparing his fantastic food for golfers and our community. A full menu is available on our website for dine-in, carry-out, catering and delivery.

Daily Play

Play the friendliest golf course in the Valley! In addition to our regular daily rates we offer special rates for Senior's and Junior's.

	<i>Mon-Thur</i>	<i>Fri-Sun & Holidays</i>
18 Holes	\$27	\$31
9 Holes	\$17	\$19
Twilight	\$17	\$19
Cart – 18 holes	\$17	\$17
Cart – 9 holes	\$10	\$10

(All rates shown are per golfer.)

Practice Facilities

You have had your lesson, now it is time to practice. Visit the range and our practice green. You can buy tokens for the range, a range card, or an annual pass to the range.

Large Bucket (2 tokens) \$6

Small Bucket (1 token) \$4

Range Card (10 large buckets) \$40

Annual Pass (Unlimited) \$275

Love Heritage Oaks – Get a Season Pass

Heritage Oaks offers full year and ½ year passes for golf, cart, and range. Visit www.heritageoaksgolf.com for a full listing of rates and details.





305 S. Dogwood Dr.
Harrisonburg, VA 22801
Phone: 540.433.9168 Fax: 540.433.9169

PRSRT STD
U.S. Postage
PAID
Harrisonburg, VA
Permit No. 75

ECRWSS

POSTAL PATRON

COMMUNITY EVENTS

COMMUNITY COOKOUT

Location: Ralph Sampson Park

Come join us for the kick-off to Summer! Meet new people, bring your neighbors, friends and family. Enjoy free food and music. Open to all. Co-sponsored by Akeem Jordan. FREE/All ages
Sat Jun 6 (Raindate Jun 27) 1-5p

PROM DRESS GIVE-A-AWAY

The give-a-away event is open to any person attending a high school prom. Come to the Lucy F. Simms Center on Saturday, April 4 from noon-5pm. For more information call 540-437-9213

KIDS TRYATHLON

A fun non-competitive introduction to triathlons. Pick up registration forms at Cecil F. Gilkerson Community Activities Center starting in May. Call 540-433-9168 for more information. Pre-Registration required. \$30 per child. Ages 5-17
Saturday, August 8, 2015

FREE Admission! Come Join Us for the 22nd Annual



A Celebration of Culture with

Live Music ~ Soul Food

Art ~ Vendors ~ Family Fun!

www.HRAAF.org

SATURDAY

JUNE 20

12PM - 6PM

RALPH SAMPSON PARK

Dog Day Afternoon

Saturday, May 2 • Smithland Dog Park
11am-2pm

Vendors • Contests • Giveaways • Demos

STARTING DECEMBER 2015

Early Online Registration for City Residents!!

For more information visit:

www.harrisonburgva.gov/program-registration

Food Truck Rally!



Simms Center
Saturday, May 30
11am-3pm